

See next page for  
important information on  
Special Dates and Hours



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## ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

<http://www.rockvillemd.gov/swimcenter> • (240) 314-8750

**Winter 2021 Swim and Fitness Center Schedule (Effective 3/1/21)**

### POOLS

	<b><u>North Pool Lap Lanes</u></b> (6 lanes x 25 meters)	<b><u>South Pool Lap Lanes</u></b> (6 lanes x 25 yards)	<b><u>North Pool Rec Area</u></b> (ramp area)
<b>Monday</b>	6:00 – 9:00 a.m. 10:30 – 3:30 p.m. 6:00 – 9:00 p.m.	8:00 – 10:00 a.m. 11:00 – 4:00 p.m.	6:00 – 9:00 a.m. 10:30 – 3:30 p.m. 6:00 – 9:00 p.m.
<b>Tuesday</b>	6:00 – 8:30 a.m. 10:30 – 11:00 a.m. 12:00 – 3:30 p.m. 5:30 – 9:00 p.m.	8:00 – 10:00 a.m. 11:00 – 3:30 p.m.	6:00 – 8:00 a.m. 10:30 – 3:30 p.m.
<b>Wednesday</b>	6:00 – 9:30 a.m. 11:00 – 3:30 p.m. 6:00 – 9:00 p.m.	8:00 – 9:00 a.m. 11:00 – 1:00 p.m. 2:00 – 4:00 p.m.	6:00 – 9:00 a.m. 11:00 – 3:00 p.m. 6:00 – 9:00 p.m.
<b>Thursday</b>	6:00 – 8:30 a.m. 10:30 – 11:00 a.m. 12:00 – 3:30 p.m. 5:30 – 9:00 p.m.	8:00 – 10:00 a.m. 11:00 – 3:30 p.m.	6:00 – 8:00 a.m. 10:30 – 3:30 p.m.
<b>Friday</b>	6:00 – 8:30 a.m. 9:30 – 3:30 p.m. 6:00 – 9:00 p.m.	8:00 – 9:00 a.m. 11:00 – 4:00 p.m.	6:00 – 8:00 a.m. 9:30 – 3:30 p.m. 6:00 – 9:00 p.m.
<b>Saturday</b>	6:00 – 9:00 a.m. 12:00 – 9:00 p.m.	12:30 – 6:00 p.m. (limited lanes 12:30-1:30)	6:00 – 8:00 a.m. 12:00 – 9:00 p.m.
<b>Sunday</b>	1:00 – 9:00 p.m.	1:00 – 5:00 p.m. (limited lanes 4:00-5:00)	1:00 – 9:00 p.m.

### Fitness Room Hours

**Monday through Saturday:** 6:00 a.m. – 9:00 p.m.\*

**Sunday:** 9:00 a.m. – 9:00 p.m.

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Facility open ONLY to Rockville Residents and Members for Lap Swim / Water Walking and Fitness Room and limited Family Recreation Swim (limited times ONLY, see schedule).  
RESERVATIONS ARE REQUIRED, visit [www.rockvillemd.gov/rsfcreervations](http://www.rockvillemd.gov/rsfcreervations) before your visit.

As restrictions become lifted, this schedule and associated procedures will change.

**See page 2 for additional details.**

# Rockville Swim and Fitness Center

## Winter 2021 Special Dates/Facility Closures

**Room B (location of rowing machines, recumbent bikes, stair climber) will be unavailable on the following dates and times:**

<b>Mondays &amp; Wednesdays (7-8pm)</b>	<b>Saturdays (9:15-10:15am)</b>
3/1, 3/3, 3/8, 3/10, 3/15, 3/17, 3/22, 3/24, 4/5, 4/7, 4/12, 4/14	3/6, 3/13, 3/20, 3/27, 4/3 (12-4PM), 4/10, 4/17
<b>Tuesdays (6-7:30pm)</b>	<b>Saturdays (3-6pm)</b>
3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13	3/6, 3/13, 3/20, 3/27, 4/17, 4/24, 5/1, 5/8
<b>Thursdays (10am-12pm &amp; 7-8:30pm)</b>	<b>Sundays (3-6pm)</b>
3/4, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13	3/7, 3/28, 5/2

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**Due to COVID-19 related precautions and social distancing requirements set forth by the State of Maryland and Montgomery County Departments of Health, facility operations are strictly limited at this time. Please take time to read the information below prior to requesting a reservation. As the health authorities' restrictions on swimming pool and fitness center operations become looser, we will re-address the limitations for the Rockville Swim and Fitness Center.**

- Facility use limited to City of Rockville Residents and facility members only. Facility is available for LAP swim, Water Walking and Fitness Room uses. Limited family recreation swim is available by reservation only – see schedule.
  - Check your residency status at [www.rockvillemd.gov/gis](http://www.rockvillemd.gov/gis).
- Advanced Reservations are required. Request a reservation at [www.rockvillemd.gov/rsfcreervations](http://www.rockvillemd.gov/rsfcreervations).
  - Reservations will be accepted on a rolling basis starting 96 hours (4 days) in advance of the specific appointment time. For example, on Sunday at 10 am customers may begin making reservations for appointments as far as Thursday at 10 a.m. At 11 am on Sunday, Thursday at 11 a.m. appointments will become available and so on.
  - Once all appointments within the 96-hour window are booked, the system will show that no times are available.
- Customers may only make one lap swim reservation and one gym reservation per day. Duplicate reservations will be canceled by staff in order to release the space for other customers.
- Repeated no-shows may lead to suspension of the ability to reserve lanes. If you need to cancel your reservation, please use the "Change/Cancel Appointment" button in the confirmation email or contact our front desk staff.
- Arrive no more than 10 minutes before your reservation time. Customers will be asked to wait outside/in their car until 10 minutes before their reservation begins.
- Only Lap Swimming and Water Walking are permitted (except during designated family recreation swim times).
  - Lap Swimming is defined as: traversing the length of the pool using a coordinated stroke for a sustained period. Lap swimmers must be able to swim from one end of the pool to the other without stopping or assistance.
  - Water Walking is defined as: continuous motion of the legs/arms to "jog in place" over a sustained period of time for exercise purposes.
  - Lap lanes may only be used by one person at a time, and customers should rest at opposite ends of the pool.
  - Two (2) household members may exercise (lap swim or water walking) in the same lane. Only one reservation will be needed for both swimmers. Each swimmer must meet entry requirements and have a valid membership or pay the daily admission fee.
  - During family rec. swim, each family unit (max size of 6) will be assigned an area for swimming in the ramp of the indoor north pool.
- A face covering is required to be worn by all visitors over the age of 2 when not in the water.
- Although the indoor locker rooms will be open, customers should plan to "dip in and dip out," focusing their time at the facility on swimming. Consider coming dressed to swim and changing afterwards at home.
- Customers must bring all equipment (ex: kickboards, towels, goggles) they would like to use. No shared equipment will be available. Bring your own filled water bottle. Deck furniture is not available during this phase of our re-opening.
- Limited program offerings are also available. Visit [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration) to learn more. Programs require advanced registration (no drop-ins).
- Follow the [Centers for Disease Control Recommendations for Healthy Swimming](https://www.cdc.gov/healthywater/swimming/index.html) (<https://www.cdc.gov/healthywater/swimming/index.html>). Take steps to wash your hands often and shower before swimming.
- Cleaning and sanitizing procedures have been increased throughout the facility in compliance with health department directives.
- The outdoor pools, tot pool, sprayground, water slide, diving boards, spa, and sauna remain closed.
- Do not come to the facility if you are sick or otherwise instructed to remain at home.

Visit our website at [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter) for additional details.